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TIPS TO MAINTAIN
HEALTHY LIVING**

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TENNIS STAR WINS
FIRST U.S. OPEN**

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**NUKE BLAST
ONE DEAD BUT
NO LEAKS AT
FRENCH
PLANT**

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Tuesday, September
13, 2011

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News worth
sharing.

Hit-and-run horror

► Trial begins for man accused of running over and killing Langley resident three years ago
► Victim's friend tells court he tried to check his pulse and resuscitate him



**PHYLICIA
TORREVILLAS**
@METRONEWS.CA

Sam Dooley told a New Westminster court how he saw his long-time friend Silas O'Brien get run down by a white pickup truck on a Langley road three years ago, and described his unsuccessful efforts to keep him alive.

The trial of Brent Parent began yesterday in B.C. Supreme Court in New Westminster. Parent pleaded not guilty to five charges, including dangerous driving causing death and failing to remain at the scene of a crash.

Dooley testified that he, O'Brien and their friend Luke Stephens were driving in Dooley's Chevrolet Silverado at about 2 a.m. on March 13, 2008, on their way to Seattle to catch a flight for a Hawaiian vacation.

He said he noticed a large white Ford pickup truck slowing down ahead of them before it suddenly slammed to a halt. When Dooley drove into the empty oncoming lane to pass the pickup, he claimed the Ford pushed his truck off the road and into a ditch.



PHYLICIA TORREVILLAS/FOR METRO

► Brent Parent and an unidentified female companion make their way to B.C. Supreme Court in New Westminster yesterday for the start of his hit-and-run trial. Parent is charged with running down and killing 21-year-old Silas O'Brien in March 2008.

The three men, who were uninjured, climbed onto the road on 16th Avenue and saw the same Ford pickup coming back toward them. "I was waving my hands and trying to get the vehicle to stop," Dooley said.

He jumped out of the way, turned his head and saw O'Brien get hit and go under the wheel.

More than a dozen of O'Brien's family and friends attended the first day of the trial. Many were emotional as Dooley told of watching

the 21-year-old get hit and die.

Crown counsel will call several witnesses over the week, including Parent's former girlfriend and his brother, who was allegedly in the truck with him during the incident.

Kienan Hebert

How he made it home

► Unlocked door was key to boy's safe return

► Three-year-old is coping well, parents say {page 3}

A new green mile

Proposed bike and pedestrian path will cut a swath through downtown peninsula {page 6}

All talk and no action?

Draft of 2010 report says city is failing the mentally ill {page 4}

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Singer of indie band detained in China

Grant Cassell, lead singer for Vancouver indie band Behind Sapphire, was detained in China Sunday while travelling with the band.

Mother Wanda Cassell commented on the band's Facebook page: "You know Grant likes antique things and he had some antique gun shells in his bag from a long time ago and forgot they were there."

Grant's luggage was seized in Shanghai, where he was interrogated and jailed.

The band has found an interpreter, and hopes the detention does not last more than a few days.

● CHELSEA ALTICE

Arrest made in city's 5th homicide

Jermain Anthony Carby, 30, has been charged with manslaughter in connection to Vancouver's fifth homicide of 2011.

On June 1, Gerald David Haakmat, 50, was found lying in the middle of Openheimer Park suffering from a stab wound. He was rushed to hospital, but died two days later.

The Vancouver police homicide unit arrested Carby on Friday in downtown Vancouver without incident. He remains in custody following his first court appearance yesterday.

● ARIANA KAKNEVICIUS



► Paul Hebert smiles, Sunday, after announcing that his son, Kienan, inset, had been returned home safe. At left is the three-year-old boy's mother, Tammy.

Boy's home unlocked before return: Father

► Hebert said he was confident the RCMP did all they could and credited the force for Kienan's safe return ► Three-year-old said to be coping well

Just how three-year-old Kienan Hebert was brought back to his British Columbia home undetected in the dark of night may have a deceptively simple answer: the doors were unlocked.

Kienan was returned to his family home in Sparwood, B.C., early Sunday morning nearly a week after he disappeared from the very same two-storey house.

The house was unoccupied at the time, with

Kienan's large family staying a few doors down, and just hours earlier, the boy's father made an emotional plea for whoever had his son to leave him in a safe location.

The sudden turn of events raised immediate questions about how a kidnapper could enter the home undetected for a second time, but yesterday, Kienan's father Paul offered the explanation.

"We left the doors unlocked on purpose," Paul

Hebert, sounding exhausted but relieved, said in an interview.

"We asked him to bring him back to a safe place, and he brought him back to our house."

Hebert declined to say whether he left the doors unlocked on the advice of police.

The sole suspect in Kienan's disappearance remains convicted sex offender Randall Hopley, 46, who was still at large.

THE CANADIAN PRESS

Timeline

- **Tuesday, Sept. 6:** Kienan Hebert goes missing from his home after being put to bed.
- **Wednesday, Sept. 7:** Police issue an Amber Alert.
- **Saturday, Sept. 10:** Kienan's parents make an emotional plea for his safe return as police confirm the boy was kidnapped.
- **Sunday, Sept. 11:** Kienan found inside his home after 911 call to police.

1

news


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Allan Small says that better leadership on the part of the U.S. and the European Union could lead to a rebound in the markets. More at metronews.ca/investing

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► Former Degraffi actress Rebecca Haines-Saah.

EX-DEGRASSI STAR HELPS SMOKERS QUIT

Former Degraffi star Rebecca Haines-Saah was used to being in front of the cameras, but now she's taking a turn behind them in a way — trying to figure out how researchers can use sites like Facebook to help young people butt out for good.

Haines-Saah, 39, who played Kathleen Mead on TV's Degraffi Junior High and Degraffi High from 1987 to 1991, is now a public-health researcher at the University of B.C., and these days the former smoker is focusing her efforts on tobacco control.

With a \$125,000 grant from the Canadian Cancer Society, she is recruiting 20-something smokers who want to quit for a study using digital cameras and social media.

The 60 participants will be asked to take photos that reflect "my smoke-free life, what does a smoke-free life look

like?" said Haines-Saah.

Over three months, participants will take photos and upload to social media where they can interact with other people around the issues of quitting smoking. Their photos, with taglines explaining the context, will be posted on Facebook and Flickr.

"We want to see which (of the platforms) might engage young adults in different ways," she said. "Both allow users to comment, to create private groups to have discussions, to rank photos, but obviously they do that in different ways."

Haines-Saah, along with colleagues at UBC Okanagan, conducted an earlier pilot project with six males and six females in their 20s, giving them disposable cameras to produce images that would document their individual experiences around smoking.

THE CANADIAN PRESS

Health system 'failing' mentally ill: Report

► Vancouver Police Department releases draft of 2010 report on mental illness ► Draft says patients fall through cracks after police contact



MATT KIELTYKA
@METRONEWS.CA

Police are frustrated that little has changed since they released an eye-opening report on mental illness in 2008.

Vancouver police yesterday publicly released a draft 2010 report — a follow-up to 2008's Lost in Transition — that says officers are frustrated mentally ill people they come across are still falling through the cracks.

"The key finding of the first Lost in Transition report was that the lack of capacity in the mental-health system is failing Vancouver's mentally ill and draining police resources," the report says. "Unfortunately, that tragedy remains true."

Because of the lack of treatment options and mental-illness beds, the VPD says its officers have become de facto first responders for mental issues in the city.

Approximately a third of their calls they respond to end up dealing with the issue.

The 2008 report laid out a number of recommendations, but few have been followed up on.

In the 2010 report, titled Policing Vancouver's Mentally Ill: The Disturb-



► Vancouver police Deputy Chief Warren Lemcke addresses media yesterday after the department publicly released a 2010 draft report on dealing with the mentally ill.

ing Truth, Vancouver police say efforts to refer patients to the Burnaby Centre for Mental Health and Addiction — which opened July 1, 2008 — has been "a failure."

Of the 42 individuals referred between January and November 2009, only 19 were followed up on.

By May 2010, Vancouver Coastal Health had closed all the files on the 19 individuals — who in the meantime collectively had 619 documented run-ins

with police.

The report also slams security at St. Paul's and Vancouver General hospitals, noting that 230 people committed under the Mental Health Act were able to simply "walk away" from the hospitals between February 2009 and February 2010.

The escapes led to police being scrambled out on missing person calls.

Yesterday, deputy chief Warren Lemcke said the department was forced to

release the draft report because it was leaked to media.

While backing the content, he says progress has been made in the last year.

"Much has changed," Lemcke defended.

"This is not a report set out to damn Vancouver Coastal Health or any other agency out there. We've been meeting for a year now and the work that we've done is extraordinary. There is more to come."

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News in brief

Motorcyclist killed in crash

IMPAIRED DRIVING CHARGE. A 70-year-old motorcycle rider is dead from a collision with an allegedly impaired driver Sunday.

RCMP say the driver, a 62-year-old Hope resident, "displayed signs of impairment" when police arrived to the scene on Harrison Hot Spring Road. **● MATT KIELTYKA**

Officer assaulted

MAPLE RIDGE. A 27-year-old Maple Ridge man allegedly attacked a police officer Friday night after police were informed that a suspect was armed with a knife and wanted to injure people.

The man threw punches at the officer and broke

his nose but surrendered after more police arrived. **● ARIANA KAKNEVICIUS**

Couple faces marijuana trafficking charges

TERRACE. Charges have been laid against a couple who were allegedly trying to bring about 12.7 kilograms of marijuana into their community — enough for 35,000 joints, RCMP said.

The husband and wife team have been under investigation since the summer of 2010 by federal drug enforcement. RCMP allege they were buying marijuana in the Lower Mainland and trucking the drug to Terrace.

Kerry Lynn Primeau, 49 and Michael Wesley Primeau, 46, face charges of possession of marijuana for the purpose of trafficking. **● ARIANA KAKNEVICIUS**

City seeks views on path

► Feedback needed on proposed downtown path for pedestrians, cyclists ► Design details to be determined



CHELSEA ALTICE
VANCOUVER@METRONWS.CA

A series of workshops and walking tours begins Saturday to help shape a proposed cycling and walking greenway through Vancouver's downtown peninsula.

The proposed greenway, along Comox and Helmcken streets, is part of the Central Valley Greenway project linking Vancouver with Burnaby and New Westminster through routes such as the seawall and the Olympic Village at False Creek.

Vancouver Coun. Geoff Meggs said the route will have many benefits for local residents.

"It quiets the streets, puts traffic back on main



► Helmcken Street in Vancouver yesterday.

routes and improves pedestrian crossings and street beautification," Meggs said.

The greenway will use a number of traffic-slowing tactics such as speed humps, roundabouts and

street blockades to prevent cars cutting through neighbourhoods. It has not been determined how street parking or traffic will be affected.

Jerry Dobrovolsky, Vancouver's director of trans-

Schedule

For a list of scheduled workshops on the proposed Comox-Helmcken greenway visit Vancouver.ca.

portation, said the plan was approved by council but the design must be worked out.

"We have a blank piece of paper and we're listening to stakeholders, to find out what is important to them," he said.

The greenway will be a "recommended" bike route but currently does not include a separated bike lane like those on Dunsmuir and Hornby streets.

Meggs said funding has been in the budget for more than 10 years to build the greenway.

Construction is scheduled to begin in fall 2012, he said.

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New Delhi go-getter persists to overcome newcomer hurdles

The path to success looked smooth to Avnish Soni and his wife Pinki when they attended a New Delhi seminar about immigrating to Canada. Unfortunately, no one could anticipate the global economic crisis that greeted them in British Columbia in early 2009. Today, through personal persistence – and support from Scotiabank – the couple are progressing towards their goals.

Back at the 2008 seminar sponsored by Scotiabank, the Soni family was excited about moving to Canada. Bank representatives explained financial services to help them get established in their new country, and Avnish, an MBA-trained branch manager at one of India's largest banks, was excited by the prospect of seeking work at the Canadian bank.

"I'm a go-getter and I liked how Scotiabank was proactive in sharing settlement information and pre-arranging banking and credit services," recalls Avnish, referring to the **Scotiabank StartRight®** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA³ card options³ and a number of other customized services and benefits. "I decided to make Canada's most international bank the first target in my job search."

On arrival in Surrey, BC, the experienced banker was pleasantly surprised when the Scotiabank Branch Manager emerged from his office to welcome the couple and their two daughters. "I was astonished by the friendly service and how our account and debit cards were waiting for us, as promised in New Delhi," says Avnish, who adds that his unsecured VISA credit card was ready within a week.

While the weak economy challenged the Sonis' immediate career hopes, the Scotiabank Branch Manager accepted Avnish's resumé and offered career tips. Pinki applied her teaching degree as a tutor.

"We stayed positive and kept working at it," notes Avnish, who worked odd jobs while he studied for his mutual funds license, joined professional associations and often visited the Scotiabank branch to keep in touch. His determination paid off when 18 months later, he was hired into the Bank training program.

Recently promoted to Senior Personal Banking Officer at Scotiabank's suburban White Rock Branch, Avnish is eager to dispense tips on personal finance, government services and career-building. "A newcomer has many fears of the unknown,

and my goal is to be their friend who is a banker, showing them how to lower expenses, manage credit and learn how Canada works."

Career-wise, Avnish tells newcomers to stick with their goals, despite the hurdles. "Take a job to put food on the table, but don't lose focus on what you want to do. Work on your language skills, learn about job market expectations and see how you can add value," he says.

Perseverance also helps newcomers reach financial goals. "It's never too early to start a financial plan, and I guide newcomers on ways to start saving for a home or any goal. For my family and me, our journey has just begun, but we've got something to aim for and that's why we came here."

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Scotiabank's Avnish Soni says persistence can help newcomers reach their goals.



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One dead in nuke blast

► No radioactive, chemical leaks at French waste facility, officials say

An explosion at a nuclear waste plant in southern France killed one person and injured four yesterday. Officials said there was no radioactive leak, but critics urged France to rethink its nuclear power in the wake of the catastrophe at Japan's Fukushima plant.

The Nuclear Safety Authority declared the accident "terminated" less than an hour after the blast at a furnace in the Centraco site, in the southern Languedoc-Roussillon region, about 32 kilometres from Avignon. One of the injured suffered severe burns.

The building that houses the furnace wasn't damaged and residents who live

Nuclear nation

► France is the world's most nuclear-dependent nation. It relies on its 58 nuclear power plants for about three-quarters of its total electricity. It's also a major exporter of nuclear technology.

near the site were not evacuated, the agency said.

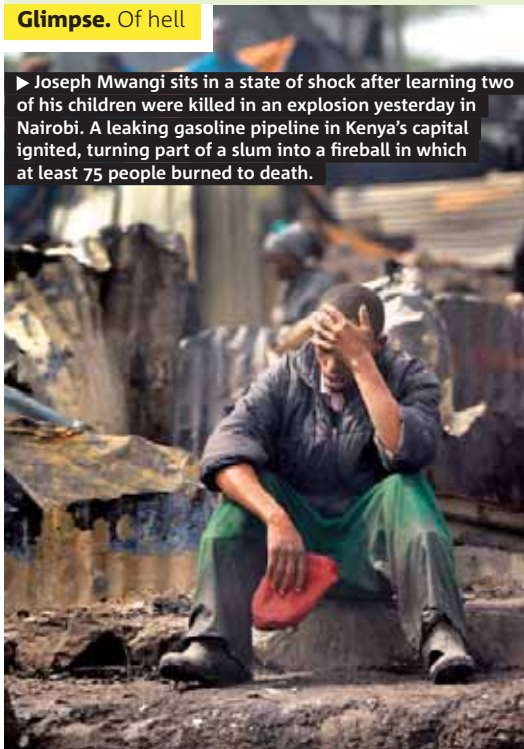
The cause of the accident is not known and is under investigation.

Officials yesterday downplayed the incident. "It's an industrial accident and not a nuclear accident," Industry Minister Eric Besson said.

THE ASSOCIATED PRESS

Glimpse. Of hell

► Joseph Mwangi sits in a state of shock after learning two of his children were killed in an explosion yesterday in Nairobi. A leaking gasoline pipeline in Kenya's capital ignited, turning part of a slum into a fireball in which at least 75 people burned to death.



BEN CURTIS/THE ASSOCIATED PRESS

Gas inferno rocks Nairobi

Lone player to survive crash dies

YAROSLAV NEYOLOV/THE ASSOCIATED PRESS



► Alexander Galimov

The only member of a Russian hockey team to survive a plane crash that killed 44 people died of his injuries yesterday.

The Vishnevsky hospital in Moscow said Alexander Galimov, 26, died of the severe burns that covered about 90 per cent of his body, despite the efforts of doctors in its burn unit, considered one of the best in Russia.

The crash Wednesday of a chartered Yak-42 jet outside the western city of Yaroslavl took the lives of 28 players, two coaches — including Canadian Brad McCrimmon — and seven other staff of the Lokomotiv Yaroslavl hockey club. The only other person to survive, flight crew member Alexander Sizov, remains in intensive care.

Unlike many other members of Lokomotiv who were European Union citizens and once played in

the NHL, Galimov was a native of Yaroslavl and a product of its youth program. His initial survival had inspired the entire city, where the team was a source of great pride.

"All of Yaroslavl, all of the country, all of the world followed the doctors' words, believing, hoping, praying that he would defeat death and remain with us," Sergei Vakhrukov, the Yaroslavl governor, said yesterday.

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High. Tide



► Gales and high tides sweep the coast at Blackpool, in the northwest of England, as the remnants of hurricane Katia hit British shores yesterday. The second stage of the Tour of Britain was cancelled for safety reasons across yesterday's competition route.

JOHN GILES/THE ASSOCIATED PRESS

Katia rocks along British coast

Britain's weather agency says the tail end of former hurricane Katia could bring the worst storms to hit the country since hurricane Lili struck in 1996. Britain's Met Office said post-tropical storm Katia was hitting parts of Northern Ireland, North Wales, Northern England and parts of Scotland yesterday.

Embassy to reopen in Libya

Canada is reopening its embassy in Libya's capital, even as fighting continues in pockets of the country still held by loyalists of the hunted dictator Moammar Gadhafi, The Canadian Press has learned.

Sources say a small team of diplomats, led by Canada's ambassador to Libya Sandra McCardell, arrived in Tripoli on the weekend to conduct a security assess-

ment. Officials wouldn't comment on the state of Canada's abandoned diplomatic mission but said McCardell would have to deal with "refurbishing and securing" the premises.

The diplomats have set up shop at an alternative location in Tripoli, and expect to be joined by a full contingent of foreign-service officers to get operations up and running, sources say.

Canadian fighter jets played a major role in the UN-mandated NATO-led bombardment to protect civilians from Gadhafi, who has ruled the north African nation with an iron fist for four decades.

Foreign Affairs Minister John Baird is to give further details of Canada's diplomatic re-engagement with Libya this morning.

THE CANADIAN PRESS

Reaching for the Topp

► NDP caucus retreat begins today in Quebec City

FRED CHARTRAND/CP PHOTO



► Brian Topp

Promising he will defeat the Conservative government, NDP president Brian Topp has launched a bid to replace the late Jack Layton as party leader.

The fluently bilingual Montrealer is the first to formally enter the race to succeed Layton, who died last month from cancer.

"No one can replace Jack," Topp declared at a news conference yesterday. "But we can honour him by making sure his dream of social justice will never die. We can carry on his work. That's my pledge today."

Topp's name surfaced early as a possible contender in the NDP leadership race. He has worked in NDP backrooms for years, and was a close confidant of Layton.

Topp noted nearly 60 per cent of Canadians did not vote for the Tories, and said replacing Conservative Prime Minister Stephen

Harper was "a piece of unfinished business."

"I'll lead a caucus that works harmoniously and seriously as a government-in-waiting," he said. "And then, we'll win. And then, we'll govern well."

He said he will expose Harper's "failed record" before winning the next election and forming Canada's first NDP government in Ottawa.

"And that day will be a great day, a new dawn for every Canadian across this country."

THE CANADIAN PRESS

NDP status

► The late Jack Layton led the New Democrats to unprecedented success in the May 2 election, surging the party to official-Opposition status for the first time, winning 103 seats, including 59 in Quebec.

► Brian Topp's name surfaced early on as a possible contender in the NDP leadership race.

► Other potential candidates include deputy leader Thomas Mulcair and MPs Peter Julian, Charlie Angus, Paul Dewar, Robert Chisholm, Nathan Cullen, Romeo Saganash, Megan Leslie and Peggy Nash.

► The leadership convention is scheduled to be held March 24 in Toronto.

Nunavut tackles suicide

The government of Nunavut is hoping that better-trained teachers and more mental-health facilities will bring down suicide rates that are the

highest in Canada.

The measures are part of a plan on suicide prevention released in Iqaluit.

The territory hopes that better communication between mental-health workers and teachers will catch at-risk students. It also proposes mental-health centres for Nunavut,

which currently has none.

But the plan doesn't identify how much the measures would cost and who would put up the money.

The suicide rate for Inuit youth is 11 times the national average and Nunavut has had 23 self-inflicted deaths so far this year. THE CANADIAN PRESS

SEASON PREMIERE

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PALESTINIAN STATEHOOD

Russia to back bid at UN

Russia will back a Palestinian bid for statehood at the United Nations later this month, Russia's envoy to the UN said in remarks aired yesterday.

Vitaly Churkin told Rossiya-24 news channel that the Russian government will back any approach that the

Palestinians adopt in their efforts to seek membership in the United Nations.

A vote on the Palestinian statehood is expected to take place later this year in the UN General Assembly. A decision there will be largely symbolic, but the Palestinians believe a strong international endorsement will boost their position in future talks with the Israeli government. Both Israel, and its key ally, the United States, oppose the Palestinian bid at the UN.

THE ASSOCIATED PRESS

Gadhafi's son now in Niger

Moammar Gadhafi's playboy son, al-Saadi Gadhafi, 38, known for his love of fast cars, soccer and excessive partying, slipped into Niger on the weekend and began making his way yesterday to the capital, a Niger government official said.

He is one of the highest-profile former regime figures to flee to this African

nation whose northern desert has been a haven for drug smugglers, al-Qaida terrorists and now fleeing Libyan loyalists.

This is bound to raise pressure on Niger which has promised to turn over anyone wanted by the International Criminal Court, which includes Gadhafi and a different son.

THE ASSOCIATED PRESS

Rebels are traitors: Gadhafi

Fugitive leader Moammar Gadhafi accused revolutionary forces of surrendering Libya to foreign influence and vowed to press ahead with his resistance in a message yesterday issued just hours after a twin attack on a

key oil facility by loyalist fighters. At least 15 attackers were killed, an anti-Gadhafi commander said.

"We will not be ruled after we were the masters," said the brief statement attributed to Gadhafi that was read on Syria's Al-Rai TV by its owner Mishan al-Jabouri, a former Iraqi lawmaker and Gadhafi supporter.

THE ASSOCIATED PRESS

Boer song signifies hate speech: Judge

- Crowds sing song in defiance outside courtroom in Johannesburg
- Judge allowed ruling to be broadcast live on television

The black man who leads the youth wing of South Africa's governing party has no right to sing a song some whites find offensive, a judge said yesterday.

Judge Collin Lamont went further than AfriForum, the white-rights group that brought the hate-speech lawsuit, had demanded by saying that all South Africans, not only Julius Malema, should refrain from singing Shoot the Boer. Criminal cases can now be brought against those who sing the song or quote its lyrics.

The judge said that while such anthems had their place during apartheid, they constitute hate speech in a society struggling to redefine its race relations.

The court case is separate from Malema's ongoing African National Congress disciplinary hearings, which also have drawn wide attention.

While the judgment may be seen as a setback, Malema, 30, might use it to rally support from South Africans who see Shoot the Boer as part of the heritage of the anti-apartheid movement. In a statement, the ANC said it was "appalled" by the decision, but would respect it while deciding what steps to take.

Leslie Mkhabela, Malema's lawyer, said he did not



► African National Congress Youth League (ANCYL) members sing Shoot the Boer yesterday in Johannesburg after a judge ruled the black man who leads the youth wing of South Africa's governing party has no right to sing the song some whites find offensive. Yesterday's ruling comes four months after hearings in the hate-speech trial of Julius Malema.

believe courts were the right forum to debate such social issues.

The judge said he hoped the attention the trial had drawn, and his decision to allow much of it to be broadcast, would help South Africans heal by learning about each other after decades of being separated by the violence and injustice of apartheid.

THE ASSOCIATED PRESS

Conquer divide

- "Boer" means farmer in the language of South Africa's Dutch descendants and is broadly used to refer to whites and Afrikaners.
- Julius Malema testified, arguing that the song Shoot the Boer is not a lit-

eral threat against whites but is a symbolic call to fight oppression.

- Malema has forced South Africa to confront its racial divide, insisted on trying to set his party's political and economic agenda, and claimed to represent the country's restive, poor black majority.

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Dominatrix says tabloid twisted tale to protect politician

A dominatrix's sensational story of sex, cocaine, and tabloid wrongdoing has re-

vived questions over the relationship between Rupert Murdoch's scandal-hungry News of the World and Britain's Treasury chief, George Osborne.

Former escort boss Natalie Rowe, in a television interview aired yesterday, said the tabloid deliberately twisted her claims that she and the Conservative Party politician used to snort cocaine together years ago so

that Osborne was not tainted in the scandal.

The idea that Osborne — now one of the country's most powerful politicians — could have been deliberately cast in a sympathetic light by a Murdoch paper has raised new questions about whether the now-defunct tabloid was playing favourites with its political exposés.

THE ASSOCIATED PRESS

Chirac accused of taking African money to run 2002 campaign

► French presidential palace says claim 'totally baseless'

Former French president Jacques Chirac and former prime minister Dominique de Villepin received an estimated \$20 million in illegal cash from West African leaders, a lawyer who claimed to be the go-between said yesterday.

Lawyer Robert Bourgi said he handed over suitcases filled with cash between 1995 and 2005, including \$10 million from the leaders of Senegal, Burkina Faso, Ivory Coast, Gabon and Republic of Congo for Chirac's 2002 presidential campaign.

Both Villepin and Chirac's lawyers denounced the claims.

The explosive allegations come as Chirac is on trial for unconnected corruption charges related to his years as Paris mayor, and as the campaign for next year's French presidential elections is heating up. The claims revived uncomfort-



► Jacques Chirac, right, speaks with Dominique de Villepin in May 2007.

able questions about France's cosy relations with autocratic regimes in its former African colonies.

In an interview yesterday on radio, Bourgi said "the entirety of (France's) political class knew there was hidden financing."

Chirac's attorney, Jean Veil, has said the former French leader is going to press defamation charges against Bourgi, calling the timing of the claims "at the very least suspicious, if not scandalous."

THE ASSOCIATED PRESS

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Obama wants his jobs plan passed now

SUSAN WALSH/THE ASSOCIATED PRESS



► Barack Obama

U.S. President Barack Obama bluntly challenged Congress yesterday to act immediately on his new jobs plan, brandishing a copy of the legislation and demanding: "No games, no politics, no delays."

Surrounded by firefighters, teachers and others he said would be helped by the \$447-billion US package, Obama said the only thing that would block its passage would be lawmakers deciding it wasn't good politics to work with him.

THE ASSOCIATED PRESS

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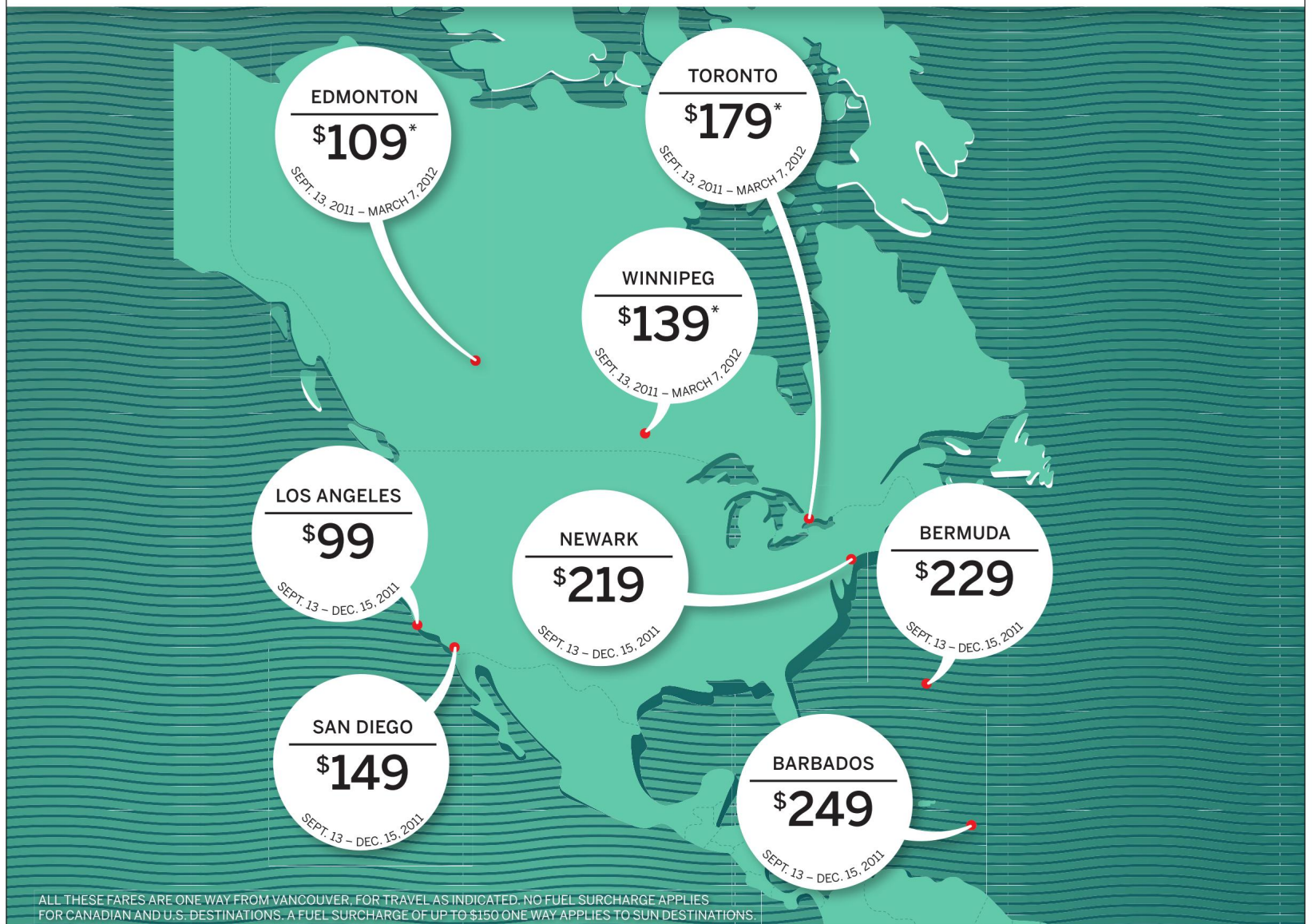
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AUTOMOTIVE

Headlights may lead to recall

U.S. federal safety regulators have opened an investigation into Dodge and Chrysler minivans from the 2005 model year because the headlights can fail without warning.

The National Highway Traffic Safety Administration said on its website that 622,817 Dodge Caravan and Chrysler Town and Country minivans could be affected by the problem.

The agency says more than 1,500 owners have



▶ A 2008 Dodge Caravan.

complained to Chrysler or the government. Two crashes and one minor injury were reported to Chrysler. In addition, 14,208 warranty claims that may be related to the problem have been reported by Chrysler.

NHTSA has opened an investigation, it said in documents posted on its website. An investigation could lead to a recall, although it doesn't always mean that one will be ordered. **THE ASSOCIATED PRESS**

Drought may result in higher food prices

► Experts say poor harvest will raise price of corn ► Other foods may also become more expensive

Food prices could rise next year because an unseasonably hot summer likely damaged much of this year's U.S. corn crop.

The U.S. Department of Agriculture estimated yesterday that a surplus of 672 million bushels of corn will be left over at the end of next summer.

The estimated surplus is down from last month's forecast and well below levels that are considered healthy.

This spring, farmers planted the second-largest crop since the Second World War. But high temperatures stunted the plants.

The price of corn was relatively unchanged at \$7.33 a bushel yesterday. While that's down from its peak of \$7.99 reached in June, it's still nearly twice the price paid last summer.

A bushel of corn equals 25.4 kilograms, or 56 pounds.

More expensive corn drives food prices higher because corn is an ingredient in everything from animal feed to cereal to soft drinks. It takes about six months for corn prices to trickle down to products at the grocery store.

THE ASSOCIATED PRESS



▶ A drought simulator looms over a crop of corn at the Bradford Research Farm at the University of Missouri.

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PRICES AS OF 3 P.M. YESTERDAY

Loonie hovers near par

The Canadian dollar slipped briefly below parity with its U.S. counterpart yesterday for the first time since January before regaining strength and closing slightly above the greenback.

The loonie was ahead

0.40 of a cent to 100.80 cents US after the earlier decline.

In pre-market trading it had fallen as low as 99.73 cents US, marking the Canadian dollar's first time below parity since Jan. 31. **THE CANADIAN PRESS**

Enbridge plans pipeline expansion

Enbridge Inc. announced plans yesterday to spend \$1.2 billion to expand its Athabasca pipeline system to accommodate increased production from the Kirby oilsands region south of

Fort McMurray, Alta.

The new 345-kilometre pipeline will add about 450,000 barrels per day to the southern portion of the Athabasca pipeline.

THE CANADIAN PRESS



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BIRTH ORDER NEVER TAKES A BACK SEAT

SHE SAYS ...

JESSICA NAPIER
METRO



I never call "shotgun!" Whenever I find myself travelling in a car with my younger brother and one of our parents, I always sit in the front. It doesn't matter that we are both fully grown 20-somethings; I'm the eldest, so there's no debating who gets the coveted passenger seat.

As the assertive (OK, bossy) first-born, I insist on the prime spot in the parental vehicle while he — the agreeable younger child — willingly concedes. This is just one of the many unspoken rules in our family that has come about as a result of our birth order.

While there are only 16 short months between our birthdays, my brother and I are vastly different when it comes to personality. I have always been overachieving, fiercely independent, and, at times, a bit of a stress case. I am overly conscientious, have a hard time breaking rules and will people-please to a fault. In comparison, he is easy-going but less disciplined, unlikely to take charge and much more dependent.

"Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are perceived (sometimes accurately so) as selfish, overindulged brats."

I know my brother and I aren't alone in this seemingly typical eldest/youngest family dynamic. Among my friends — who run the gamut of the birth-order spectrum — there does seem to be some truth to the assumptions associated with sibling sequence. I know plenty of responsible first-borns with perfectionist tendencies and coddled last-borns who can do no wrong.

Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are perceived (sometimes accurately so) as selfish, overindulged brats. Oh, wait — did I forget to mention middle children? Well, that seems about right. The oft-ignored middle siblings tend to get lost in the shuffle. While it's fun to make casual observations about our own friends and families, we have to wonder whether there is any real truth behind these common stereotypes. Is there any conclusive evidence to suggest that one's position on the family totem pole really does have a definitive impact on our personality?

Birth-order theory is a bit of a grey area, both supported and refuted in the world of pop psychology. For every theorist who argues in favour of the importance of sibling sequence on overall development, it seems there are about twice as many critics raising their eyebrows. Some even equate birth order with astrology — a cute personality predictor with no conclusive evidence to back it up.

Scientific validity aside, it doesn't change the fact that I always get the front seat.

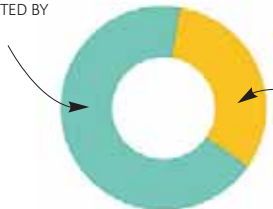
Read more of Jessica Napier's columns at metronews.ca/shesays



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Was media coverage of the 9-11 anniversary over the top?

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EXHAUSTED BY
IT ALL



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NO, TEN YEARS
LEAVES A LOT
TO REFLECT ON

Letters

'ISLAMICISM.' It was irresponsible for the leader of the nation to use a rhetoric language against a marginalized community at a time when emotions are high and bigotry against them is at its peak.

Stephen Harper did not choose his words carefully when he said to CBC that the most imminent and biggest threat the country is facing is "Islamicism."

He has used the language of fear that is based on the preconceived notion that Muslims are enemies from within whom everyone should be careful of and guard against.

Unlike Mr. Obama who had organized a breakfasting event at the White House during Ramadan and made it clear to the nation in his speech that "Muslim Americans were innocent passengers on those planes, including a young married couple looking forward to the birth of their first child.... There in the towers where they worked together, they came together for daily prayers and meals at iftar."

Harper has used a language that divides them further.

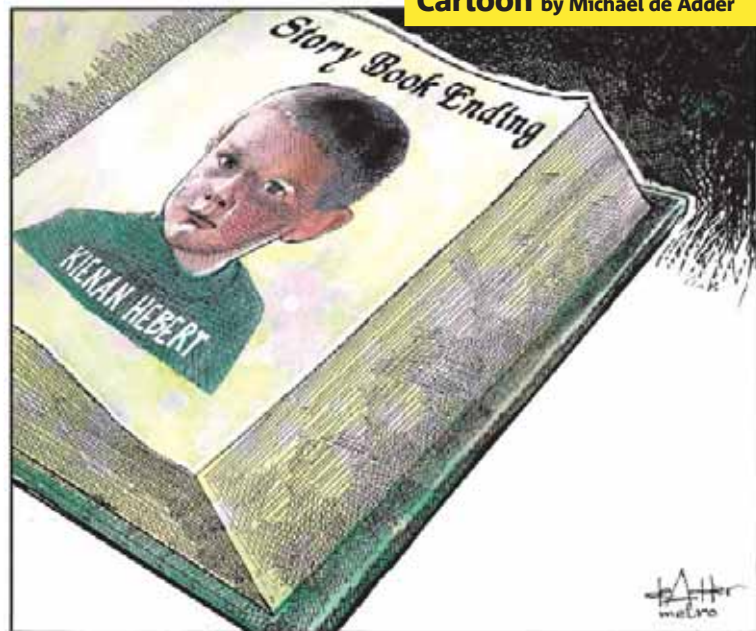
ABUBAKAR N. KASIM
TORONTO

Local tweets



- ▶ **@FMOVancouver:** See couple of our Maseratis on location October 1st at the Vancouver Art Gallery for the PAG red carpet party. fb.me/1fOtIjB93
- ▶ **@tonygrace:** RCMP still not saying: how was person who returned little #KienanHebert to his home in BC, able to get away? bit.ly/q3foLF #BCnews
- ▶ **@TheCBWC:** We thank God for the miraculous safe return of Kienan Hebert to his family in Sparwood.
- ▶ **@LifeBeforeWork:** All you Vancouver people come out Jericho Beach and hang out with LBW
- ▶ **@benmarshalluk:** Just South of Vancouver and heading into the mountains!! Weather gorgeous!! #wc2011
- ▶ **@SGLTeam:** Selena Gomez & The Scene's Concert at the Rogers Arena (formerly General Motors Place) in Vancouver, BC, is Sold-Out. #CanadaOwns-TheNight
- ▶ **@r_yeh:** It's weird to see former Oiler Craig Mactavish's name with the Canucks as he's now with the Chicago Wolves, the Canucks farm team.

Cartoon by Michael de Adder



WEIRD NEWS

Tired Western brands get revived in Asia

Faded and forgotten Western brands are being dusted off and brought back to life by companies in Asia targeting the burgeoning number of people looking for labels to match new middle-class lifestyles.

Asians have been buying or licensing fashion names — many of them European with long and rich histories including royal connections or haute-couture origins — that have fallen out

of favour back home, as they seek to lure the region's newly affluent.

Among them are Aquascutum, founded in 1851 and whose trench coats were worn by British officers in the Crimean and two World Wars. The British label was popular with movie stars in the 1950s and '60s, but in later years its appeal fizzled. Various owners tried to turn it around before a Hong Kong company snapped up the Asian rights in 2009 and now runs dozens of Aquascutum stores in China and elsewhere.

Meanwhile, Westerners are picking up on the idea, with one British start-up aiming to bring dormant luxury pen, whisky and British butcher-shop brands to Asia's growing middle classes. **THE ASSOCIATED PRESS**

Not the same old hook

► Former Joy Division bass player Peter Hook talks about growing and experimenting as a musician ► Reveals his feelings about being sidelined from the New Order reunion



PAT HEALY
SCENE@METRONEWS.CA

METRO WORLD NEWS IN BOSTON

Peter Hook has come to terms with his musical past in a variety of ways in the last 16 months. To mark the 30th anniversary of the death of Joy Division singer and goth-rock icon Ian Curtis last May, Hook led a band through *Unknown Pleasures* in its entirety. While Hook had played bass on the original album, he tackled this commemorative endeavour as the singer. The outing was successful enough that he took the show on the road. This year he reincarnates Joy Division's more sophisticated follow-up, *Closer*. But not all of Hook's recent reckoning with his past has been happy. Last week, his bandmates in New Order (the group that soldiered on after Curtis' suicide) announced a reunion — without him. Metro spoke to the man whose style of bass playing defined post-punk music.

At what point did you realize you were going to sing these songs, instead of playing bass? Did you ever try both?

I've never been able to do that. My son plays bass. ... It's still quite nerve-wracking, especially playing Ian's parts. My son is the same age as I was when we did *Unknown Pleasures*, which is quite weird, but my son was very supportive. He said, "Dad, it sounds



► This year, Peter Hook is reincarnating Joy Division's more sophisticated work, *Closer*.

fine. Don't worry about it. It will get better." And as we practiced, it did, and I felt happy doing it. But it's still very nerve-wracking.

When you're singing these old songs, what goes through your mind? Is it different than what would go through your mind as the bassist?

As a bass player, I never thought I'd enjoy singing them, but to be honest with you, the words are so delightful and the little tricks he uses in his vocals in the songs are so clever. And the way he rhymes and the way he repeats the rhymes and leads you and does these merry little tricks in his vocals are fantastic. ... And I had never noticed them before.

When you're singing these lyrics does it become more apparent that maybe Ian was trying to cry for help? I guess I am thinking most specifically of that "I'm ashamed of the person I am" line.

The thing about lyrics is you don't necessarily write them about yourself, and the biggest problem with Ian was that he wanted you to be happy, so whenever you asked him something, he would always tell you the answer that made you happiest. So if I asked him, "Ian, are you OK?" He would go, "I'm absolutely fine, Hooky. Stop worrying about me and let's get on with it." ... Even though he was singing these very ob-

viously tortured lyrics, if you asked him if he was OK, he'd go, "I'm absolutely fine! I'm on top of the world! Let's go!" and then we'd go, "Oh, thank God for that." But it wasn't actually true, because obviously he was suffering a lot, but didn't want you to know.

Are you and Bernard Sumner still close at all? I was surprised to see that New Order were reuniting without you.

We are the worst of bitter sworn enemies, which was proven this week by them starting New Order up again without telling me, the f—ers.

So you learned about the new New Order when I did?

Yes. In fact, I heard it on the radio. I'm not too bothered, to be honest. We split up five years ago and stopped working together. And, it's a long time. And really, our relationship has been terrible ever since we stopped working together. So I'm not in a hurry to work with that bastard and I'm sure he's not in a f—ing hurry to work with me. But they didn't tell me that they had made this decision. And there have also been some, shall we say, little business shenanigans, which have proved to be quite distressing, which I'm sorting out at the moment. It's not been nice, and I didn't expect it to be nice.

Sounds Like. Nick Carter



► Nick Carter is back with a new album, *I'm Taking Off*.

What is your greatest fear?

It would probably be getting old. I don't accept it. I'm gonna get younger.

What is your idea of a perfect day?

Every day is special. Every day has something perfect in it. So, there is no perfect day — every day can be perfect if you want it to be.

What or who provides your inspiration and why?

Inspiration comes from looking out in the world

and paying attention to the things that are going on around you. Looking at a newspaper, or watching the news, or speaking to a friend.

What is the last thing you say to yourself before a show?

I don't say anything. I'm dancing.



.....
Nick Carter's back with a brand new solo album. Check out our exclusive video interview with him at metronews.ca/scene



Scene in brief



Andy Whitfield, the 39-year-old star of the cable series *Spartacus: Blood and Sand*, has died. Manager Sam Maydew says Whitfield died Sunday of non-Hodgkin Lymphoma in Sydney, Australia. Whitfield's wife Vashti in a statement called her husband a "beautiful young warrior" who died on a "sunny Sydney morning" in the "arms of his loving wife."

Whitfield — who was born in Wales and lived in Australia — was a virtual unknown when he was cast as the title hero in *Spartacus*, a hit original series for the Starz network that made waves with its graphic violence and sexuality. Whitfield was preparing for the second season when he was diagnosed 18 months ago.

THE ASSOCIATED PRESS



Scan this code or visit metronews.ca/scene to find out who was honoured at the Canadian Country Music Association Awards last night.

DVD Releases

Buy it 🌐🌐🌐🌐 | Rent it 🌐🌐🌐 | Borrow it 🌐🌐 | Yawn 🌐 | Don't bother 🌐

Incendies**Genre:** Drama**Director:** Denis Villeneuve**Stars:** Lubna Azabal, Mélissa Désormeaux-Poulin, Maxim Gaudette

🌐🌐🌐

Director Denis Villeneuve says *Incendies* refers to an inferno that leaves "some-

thing totally destroyed, totally transformed ... destruction that you cannot change afterwards." The metaphor well suits his film's emotional intensity.

My pick for the best of 2010 and also Oscar contender for Best Foreign-Language Film, *Incendies* is a detective story, thriller

and family drama in one.

Set in Canada and the Middle East, and freely adapted from Lebanese-born Quebec playwright Wajdi Mouawad's acclaimed stage work of the same name, it begins with a quest sparked by the last will and testament of Nawal Marwan (Lubna Azabal),

a humble Montreal legal secretary.

Nawal wants her adult twin children Jeanne (Mélissa Désormeaux-Poulin) and Simon (Maxim Gaudette) to deliver two sealed letters: one each to the father and brother they didn't know they had, whereabouts unknown.

If Jeanne and Simon succeed in their tasks, Nawal writes, "the silence will be broken, a promise kept."

So begins the central mystery of *Incendies*, a commanding film of multiple revelations, locations and decades.

● PETER HOWELL



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able to track your energy use patterns online and make smart choices. It's all part of the plan to renew BC's electrical systems, to ensure clean, reliable power for generations to come. Learn more at bchydro.com/smartmeters



BC Hydro
REGENERATION | **50**

**Thor****Genre:** Action**Director:** Kenneth Branagh**Stars:** Chris Hemsworth, Anthony Hopkins, Natalie Portman

🌐🌐🌐

To all but the nerdiest of kids in days of yore, The Mighty Thor was the comic book you bought after you'd blown your allowance dough on Spider-Man, Fantastic Four and other A-list action heroes.

But on the big screen, it's a whole other Thor-y, especially with the welcome discovery of Aussie actor Chris Hemsworth in the title role of the exiled and agitated Norse god.

Kenneth Branagh directs, and this great Shakespearean actor and occasionally good filmmaker rightly susses that the material needs the grand play-

wright's mix of humour and pathos.

This is not to say that the committee-written script remotely requires the Stratford stage, but for a fun and fluffy popcorn flick, it's got plenty of butter.

Essentially an origin story, but more than just a lead-up to next summer's anticipated all-star rumble The Avengers (wait for a post-credits tease), it's the classical saga of two sibling rivals and the father they seek to impress and succeed.

Blond and hunky Thor and his ferret-faced brother, Loki (Tom Hiddleston), live amongst the clouds and CGI-rendered crystal palaces of Asgard, their heavenly realm.

Extras include deleted scenes and featurettes.

● PETER HOWELL

Clooney reveals new love

► Former WWE star holds her own on the TIFF red carpet alongside Hollywood's most eligible bachelor

George Clooney and Stacy Keibler have decided to use the opportunity of the Toronto International Film Festival to go public

with their rumoured romance, according to Us Weekly.

The pair made the rounds for Clooney's two

films at the festival, the Ides of March and the Descendants, hitting up several parties.

"One of the reoccur-

ring themes of the night was that Stacy had her own conversations going on and that she wasn't following Clooney around

like a puppy dog," a source says.

"The two clearly work not only as a pair, but also independently. [Stacy] re-

ally stood on her own. George was not overprotective and didn't have to look after her."

● METRO



► George Clooney



► Stacy Keibler

Celebrity tweets



One would think using whitening toothpaste for one's entire adult life would result in white teeth



@diabloody



@JimCarrey

I've always had infinite creative energy a playful nature n the courage 2 b unconventional bt envious ppl prefer to call me nuts. S'ok



@ConanOBrien

Where's my Ben & Jerry's ice cream flavor? I think people would love a bowl of "Ginger Coco Honkey Bites".

@JennyMcCarthy



I'm afraid to donate my body to science cuz I'm afraid my arm will wind up on Dr Oz.

Witherspoon won't sue



Reese Witherspoon

While Reese Witherspoon isn't pressing charges against the driver who struck her while she was jogging last week, the experience has still reportedly left her shaken up, according to Us Weekly.

"The whole incident really frightened her," a source says.

"The odd thing about all of this is that Reese has always been very afraid of being hit by a car. It's been an ongoing fear of hers. She is always the first person to pull people away from the edge of the curb because she doesn't want them being accidentally hit."

● METRO

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3 life

A new study shows



13%

... is the average drop of LDL cholesterol after eating the equivalent of one bowl of oats each day for six months. The Canadian study placed a group of people with initially high LDL cholesterol on a diet that included tofu, soya milk, soy based meat substitutes, oats and nuts. Six months later LDL cholesterol levels had dropped by an average of 13 per cent. **METRO**



SpongeBob in hot water after study shows tots have short attention span afterwards



► One of the dangers of exercise addiction is that other addictions can take over.

Addicted to exercise

► Getting fit is good ► But what happens when some people take it too far? ► Metro found out



CELIA MILNE
LIFE@METRONEWS.CA

Are you addicted to exercise? While physical activity is obviously good for you, too much exercise could signal problems brewing.

"If exercise takes over from work, social activities, and sleep, that is an unhealthy behaviour," says Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, a residential treatment centre for addictions.

"If you are exercising three to four hours a day, something else is being cut out of your life," she adds. "If you are not willing to attend family functions, that's a sign you might be going overboard. It's not normal to exercise more than two hours a day, five days a week."

An interesting Parisian study done in 2008 found that 42 per cent of people using a fitness facility were dependent on exercise. It also found those with exercise addiction were more likely to engage

in compulsive shopping.

One of the dangers of exercise addiction is that if you have to stop exercising due to injury, other addictions take over.

"If you have to stop, how would you replace that high? You could turn to drinking or drugs."

Another danger is people don't stop or slow down when they should, and could get hurt.

"If they refuse to take a rest day or stop when injured, there is something wrong."

Excessive exercise is not

a formal psychiatric diagnosis, but it could become one in the future.

Meanwhile, it is one of the criteria for bulimia.

Over 50 per cent of those with eating disorders engage in excessive exercise to keep their weight down.

"Exercise itself is a very healthy behaviour, but it needs to be done with variety, in moderation and it should be fun. If you are doing it just to lose weight and not enjoying it, that is not a healthy behaviour," says Lee.

Warning signs

We asked Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, for some signs of excessive exercising.

- You say no to social activities with friends so you can exercise
- You exercise more than two hours a day
- You would be depressed if you couldn't exercise
- You always exercise alone
- You don't get enough sleep because of exercise

Yoga pose.

Prasarita padottanasana

What you do:

- 1** Stand in mountain pose and step your feet apart (around 3 feet). Rest your hands on your hips with your inner feet parallel to each other. Lift your inner arches by drawing up the inner ankles and pressing the outer edges of your feet and ball of the big toe into the floor. Engage the thigh muscles by

drawing them up.

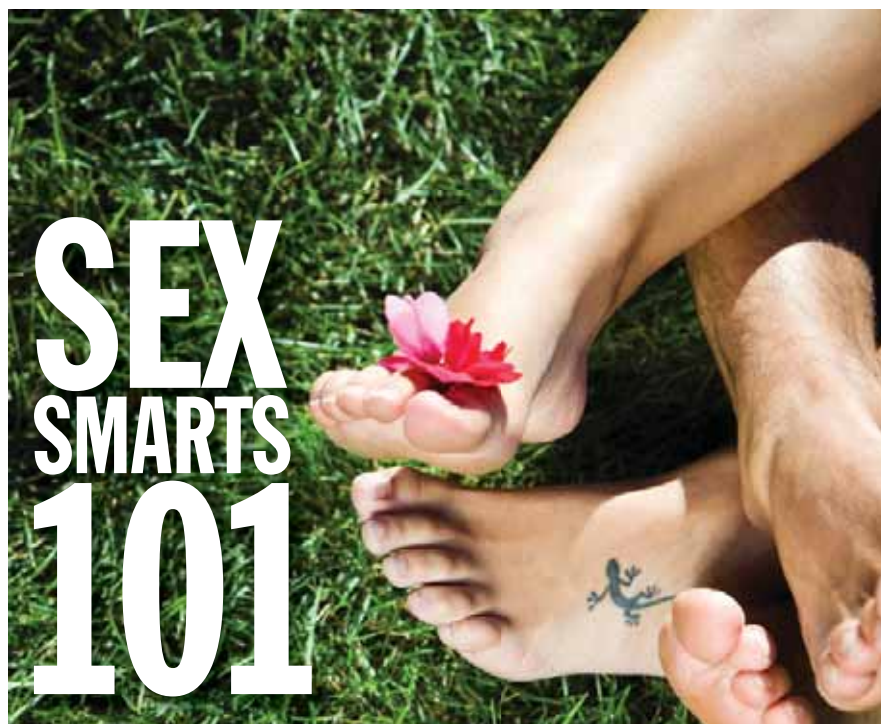
- 2** Exhale and lean the torso forward from the hip joint. With your torso parallel to the floor press your fingertips onto the floor directly below your shoulders. Fully extend the elbows. Move your spine evenly into the back torso so that your back is slightly concave from the tailbone to the base of the skull.

- 3** Pushing the thighs back, lengthen the front torso and widen the pelvis. Maintain the concavity of your back and the forward lift of your sternum as you walk your fingertips between your feet. On an exhale, bend your elbows and lower your torso pressing your palms into the floor.

STEPHANIE KNUTSSON,
BODYISM YOGA INSTRUCTOR



DSALAS



SEX SMARTS 101

FROM FRIENDS WITH BENEFITS AND FROSH-WEEK ACTIVITIES TO DORM LIFE AND BAD REPUTATIONS, STUDENTS CERTAINLY HAVE THEIR WORK CUT OUT FOR THEM.

Socially, that is. Never mind cramming in late-night study sessions, campus life brings with it an entirely new set of lessons. According to Dr. Robin Milhausen, associate professor of family relations and human sexuality at the University of Guelph, it's a time for serious decision making.

She says students need to make

"concrete" choices about their bedroom boundaries before finding themselves in sexual situations. "Students are going to be well supplied, but they have to make decisions," she says, noting that there's an abundance of sex resources and condoms available on most campuses. For women in particular, it's important to know one's limits. "Gender differences still exist," explains Milhausen. "Women are more inclined to feel regret than men are (after a sexual encounter)," she says. They also have the added worry of unwanted pregnancy, are more susceptible to STIs and, though

unfair, have a higher risk of earning a bad reputation than their male counterparts. "Women tend to be the sexual gatekeepers," says Milhausen. "They have the freedom to have a lot of sex, but men have the advantage of being able to have sex and be judged less harshly." Milhausen encourages a two-pronged contraception plan, combining a "hormonal barrier method," such as the birth control pill, and condoms, to reduce the risk of STIs and pregnancy.

Meanwhile, one hot campus trend was thrust into the spotlight when the film, *Friends with Benefits*, was released earlier this year. While parents

may cringe at the idea of such casual sex encounters, Milhausen says it offers more benefits than they might think. "In the past, casual sex was more about having sex with a stranger," she says. "Now they're having sex with someone who's a friend ... who they can also get emotional support from. It's another kind of relationship. It's not all doom-and-gloom — there can be less risk involved. I think parents are worried about this, but young people are very comfortable with it." That said, know what you're getting into, she advises. "Anyone calling you after 11 o'clock to watch a movie is a call to action," she says.

— Tanya Enberg



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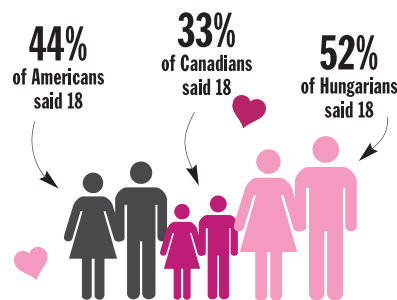
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FROM THE RECENT METROPOLITAN PANEL SURVEY ABOUT SEX:

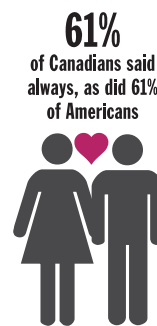


Results courtesy of the Metropolitan Panel, an online research panel dedicated to dialogue with you! Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation.

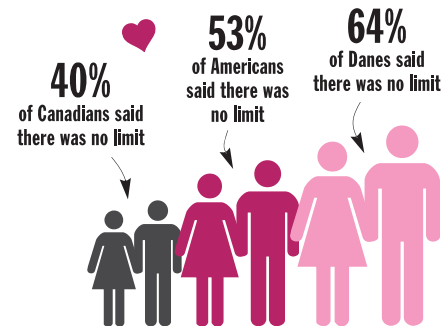
WHAT'S THE APPROPRIATE AGE TO BECOME SEXUALLY ACTIVE?



HOW OFTEN DO YOU PRACTICE SAFE SEX?



HOW MANY SEXUAL PARTNERS IN A LIFETIME IS TOO MANY?



BREAK DOWN YOUR BARRIERS

THE FAMOUS ADAGE, LESS TALK MORE ACTION, MAY HAVE FOUND THE PERFECT FIT — BETWEEN THE SHEETS.



ISTOCKPHOTO/THINKSTOCK

"A lot of people tend to overanalyze things — especially when it's about sex," says Toronto-based psychotherapist Kimberly Moffit. But, adding extra sexual sizzle needn't be scary. If the bedroom is always the go-to place for sex, try a new room. "Grab your partner in the shower and say, 'come on, let's go!'" she says.

If you prefer discussing your desires first, getting the conversation started is easy. "You're cuddling after sex, and say 'You know honey, that was amazing, I was thinking next time we could try ...' and fill in the blanks." Flipping through Cosmo magazine is a fun, non-intimidating way to explore sex without compromising comfort zones. "You could read it together and you might find yourself getting turned on and want to try some of the ideas." Of course, sex shops are teeming with ideas and many pharmacies carry an impressive selection of sexual goodies. "A lot of couples are ready to give up — the passion's gone — but it's always possible to revive it," says Moffit.

"A lot of the time, there's not a lot of effort being put in. You have to become creative ... Relationships take a lot of work."

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FIRST ENCOUNTERS

If hyper-sexualized messages are considered highly seductive forces, many modern teens are rising above it.

"Looking back at studies done in the 1990s ... today's youth are a little less likely to be having intercourse than their counterparts 10 or 20 years ago," says Alex McKay, research co-ordinator at The Sex Information and Education Council of Canada (SIECCAN). "They are also more

likely to use condoms."

This during a time of potent sexual imagery — one that saturates everything from teen dramas and music videos to highway billboards and bus shelter ads. Rather than becoming more promiscuous, the opposite is proving true.

According to the Centers for Disease Control, in 1991, 54.1 per cent of students between grades 9 and 12 reported having sex,

compared to 46 per cent in 2009.

In 1991, 46.2 per cent said they used condoms the last time they had intercourse. That number skyrockets to 61.1 in 2009.

"Today's youth, generally speaking, are more knowledgeable about sexual health and, as a result, they take better care of their sexual health," observes McKay.

In other words, knowledge is power.

"There's a belief of monkey see,



STOCKBYTE/THINKSTOCK

monkey do, but teens are smarter than that," he says.

Statistics Canada found that 43 per cent of 15 to 19 year olds had sex at least once in 2005, compared to 47 per cent in 1996-97. McKay says, on average, today's youth have sex for the first time between 17 and 18 years of age.

Despite improvements, he says

more work is needed, including teaching media literacy and consistent sexual education.

All youth should have the "skills to take care of their sexual health before they become sexually active, because after they become sexually active, it's too little too late."

— Tanya Enberg

BY THE NUMBERS

Have you ever wondered which Canadian province sells the most condoms? Or the least? Wonder no more: The following list reveals how many condoms were sold in each province or region (Newfoundland and Labrador was excluded from the survey):

ONTARIO
31,651,747

QUEBEC
16,940,462

ALBERTA
9,384,955

BRITISH COLUMBIA
8,995,550

MANITOBA & SASKATCHEWAN
4,427,107

MARITIMES
3,893,126

Source: AC Nielsen, L52W, period ending July 30, 2011

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*62% get results 5 days before expected period; 90% get results 2 days before expected period. See doctor as recommended. Use as directed.

MISSED CONCEPTIONS

EVEN AS SEXUALLY SAVVY AS WE MIGHT BE, BIRTH CONTROL MISCONCEPTIONS CONTINUE TO BREED LIKE WILDFIRE.

Even as sexually savvy as we might be, birth control misconceptions continue to breed like wildfire. Dr. Robin Milhausen of the University of Guelph, says some folks believe condoms can be re-used. "Condoms are single use and single partner," she says. Meanwhile, other myths include the idea that a woman can't get pregnant her first time having sex (uh, no); that pregnancy can't occur if a couple

has sex standing up or if the withdrawal method is used (not so, due to the risk of pre-ejaculate) and that Saran Wrap is a condom alternative (it isn't). — Tanya Enberg



OUT OF THE BOX

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Straight walled condom with reservoir end with some condoms being thinner for a more natural feel.

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Up and down

Bee venom botox

Ever since Kate Middleton's stepmother-in-law was reported to use a bee venom face mask, the beauty world has been buzzing with praise.



TV drama

A study shows that after the age of 25, every hour of TV watched might shorten lifespan by 22 minutes.

Frankel gets frank about digestion supplements

TOBY CANHAM/GETTY IMAGES



► Bethenny Frankel launches her Skinnygirl Daily product range earlier this summer.

► The brains behind the Skinnygirl brand has launched a cleansing aid

Bethenny Frankel just wants to make your life a little easier.

She's authored best-selling books and created the group of Skinnygirl Cocktails, fitness DVDs and a line of slimming undergarments.

She spoke with Metro about her two new supplement lines intended to aid digestion.

Was Skinnygirl Daily always in the plan for your Skinnygirl brand?

It was initially gonna be a book, because people keep asking me about cleansing. I've fasted, I've juiced, I've done every-

thing, so people wanted me to write a book — and I probably will write a book — but I realized how much confusion there is on cleansing. The word "detox," the word "cleansing," people don't know what it means, and the health food stores do not help because the products in there are all quick fix. It's just not realistic, it's not sustainable, it's not gonna last. I've always had issues with digestion and not drinking enough water and not (eating) enough greens, so I decided to create something to just solve that problem.

How is your line different from other cleansers on the market?

It's not harsh or extreme. It's something you can take every single day and decide if you want to take it once a day or twice a day, you make it work for you. And it's all-natural. A lot of products aren't all-natural — they have bright things to make it taste better or bright colors — [this] is just an all-natural product that you can trust that keeps things moving.

What's a typical day of eating like for you?

I don't have a typical day. I like pizza, I like French fries. I eat differently every single day. I think when you're doing something like this, you also feel a little bit healthier, so you're not gonna be eating the whole pizza and cheeseburger and cheesecake. But it's not about going on a crash diet either: The better foods you're eating — the more high fiber and vegetables and brown rice — the better the product will work and the healthier you'll just be and feel. It's just an extra little push.

Where do you find the time to cook?

It doesn't take that much time and I prepare in advance. Yesterday I made a bunch of food for the next three days.

● MEREDITH ENGL

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Avoiding getting Fall fat

► It's getting colder, and it's tempting to skip the gym ► The bigger portions keep you warm ► We asked Keri Glassman, founder of Nutritious Life in N.Y., to tackle those weaknesses ► Here's what she has come up with



**ROMINA
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METRO WORLD NEWS IN LONDON

I'm already pulling out my jumpers, and no one can see my figure. And I get cold quickly because I'm already skinny. Forget it, I'm skipping the gym for a few months. Exercise is not just about staying skinny. The health benefits go way beyond maintaining weight. No skipping. Perhaps switch gears and try something like hot Bikram yoga to keep going through these winter months. Also, the feel good hormones (serotonin) released from exercise will help boost your mood during the dreary days of winter.

What do I do if I'm in a restaurant and all they have are hearty dishes meant to warm me up? I want to eat one.

Order a hot and healthy dish. It may sound boring, but try the soup. Hearty vegetable soups, such as tomato and bean, are great options as they are full of fibre (and will curb your hunger) and this will keep you warm. Just make sure they are not cream based as that's just unnecessary fat.

I bike to work, but once the weather gets cold and snowy



► With absolutely no work, this could be you.

I'm going to get on the bus. Since the bus may save time, schedule in a cardio session before you go to work. Go for an early spin class at the gym or even try a 30 min DVD at home. Use the bus time to get ahead on work and be more productive in the morning.

I've been drinking water all summer but it makes me cold. Now I'll drink when I'm thirsty.

Make sure you always have water to sip on. Being properly hydrated can boost your metabolism, possibly enough so to make a five pound difference in your weight in a year. If water is giving you the chills then stock up on herbal tea. The bonus? Certain teas, such as chamomile, can help calm you down.

I got a perfect tan this summer, but soon there'll be

no sun. I'll book a sun bed. Can you say self tanner? The best is to pop some extra carrots in your diet. Vitamin A-rich foods can add to your natural skin tone.

It's soon going to get cold and I'll be burning extra calories. That means I can tuck into that pasta bowl and glass of red guilt free tonight. Not unless you're living in an igloo are you going to be burning enough calories to warrant that

big bowl of pasta. Stick with lean protein like fish, white meats such as chicken and turkey and lean beef. You can have that pasta but only on the side.

I've gained weight but, hurray, I can just wear warm bag-



"You can have that pasta but only on the side, not as your main course."

KERI GLASSMAN

gy clothes and no one will notice I have piled on the pounds.

Throw those baggy clothes to the back of the closet. Focus on form fitting turtlenecks and leggings so you don't get too comfy in the potato sack look.

I loved buying fresh fruit and vegetables over the summer, but now it's too cold.

There are no excuses for skimping on the veggies. Canned (low sodium) and frozen organic veggies are often just as (if not more) nutritious than fresh. Load up and have your list of go-to freezer foods. Many brands make healthier options that you can put together fast. How about a frozen turkey burger and organic frozen veggies?

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► Mediterranean Sandwich (\$7)

ERIN IRELAND

Deserving of another shot

► First visit to the Pronto Caffè proves slightly disappointing ► Good recommendations merit follow-up

LUNCH RUSH

ERIN IRELAND

FOOD@METRONEWS.CA



You'd never guess Pronto is the new guy on South Cambie.

Open just three months, the busy, eight-seater Italian café feels like an established neighbourhood spot.

True to Italian culture, a bowlful of fresh sundried tomatoes sits on the counter. Nearby is a beautiful industrial-sized oven filled with trays of enticing, slow-roasting red peppers.

Seven dollars bought an average-sized Mediterranean Sandwich containing peppers, roasted eggplant, zucchini and tomatoes all glistening with oil. Salt was missing,

however, and though good olive oil can often replace seasoning, this one didn't.

The extra crunchy bread was a highlight. Though, its slathering of bean tapenade was bland and its gherkin dressing undetectable.

Adding a few shakes of salt did wonders for the juicy sandwich, but next time, I'll be ordering the house specialty Porchetta.

After hearing nothing but good reviews leading up to my visit, I'm looking forward to giving it another shot.

Pronto Caffè
3473 Cambie St.
604-722-9331
Quick solo lunch: Yes
Social lunch: Yes
Client negotiations: No
Price range: \$6 - \$12
Rating: 2.5 out of 5

Hidden Veggie Sammies

Preparation:

1 In bowl using fork combine tuna, green onions, celery, cucumber, olive oil, lemon juice, mayonnaise, mustard, chopped dill and salt.

2 Open sliders. Divide greens among bottom halves of buns. Top with scoop of tuna salad, dividing evenly, and tops of buns. **THE CANADIAN PRESS/PRESIDENT'S CHOICE**

Ingredients:

- 2 cans (each 170 g) chunk light tuna in water, drained
- 2 green onions, sliced
- Small stalk celery, diced
- 30 ml (2 tbsp) diced cucumber (skin on)
- 30 ml (2 tbsp) olive oil

- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) mayo
- 10 ml (2 tsp) Dijon mustard
- 5 ml (1 tsp) fresh dill
- 0.5 ml (1/8 tsp) salt
- 9 slider mini buns
- 250 ml (1 cup) mixed baby greens

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► Do you usually specify "plus one" or "and family" on invitations that you send out?

POLITE WAYS OF SAYING 'NO'

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Hi Charles, I'm hosting a 50th birthday party for my husband. It's a formal event at a hotel with a sit-down dinner. We didn't say "plus one" or "and family" on our invitations, and have had a few people respond asking if they can bring a

friend/date/their children. Can I politely say no or once asked am I socially obligated to say yes, or does it depend? Thanks, Politely Curious,

Dear Politely Curious, Well, you have to decide what is important to you. The short answer is that the person who is invited is named on the outside of the envelope and it is rude on behalf of the guest to put you, the hostess, in a position to ask if you can bring someone who was not invited.

Now that we all know the rule, the question is what to do? First off, do you have the room to seat

these additional guests?

Lack of space is always a great and polite way out.

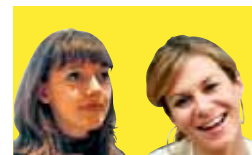
Secondly, if it is just one or two guests who happen to be your best friends than you might be a little more tolerant and allow them to bring someone. However, regarding children (and I love kids), if this is an adult party it is 100 per cent OK to say, "We would prefer if you would hire a baby sitter to take care of the kids that night, so that you and your husband can relax and enjoy the evening with the adults."

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

LOVE CAN GET ITCHY

I am in love with an amazing woman, it's relatively new and things are going really well ... but she's just informed me that she has herpes. We've been having safe sex, and used condoms, but I know it can be transmitted regardless. I have to admit it threw me — how do I handle this? Itchy love.

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Andrea: It's a little late for you to decide whether or not it's a deal-breaker as you've already slept together.

I'd take that personally, but maybe you're a bigger person.

On the bright side, many couples have managed to avoid transmission by not sleeping together during outbreaks (or touching affected areas).

However, asymptomatic transmission is possible. Think of the worst-case scenario: you get herpes.

Ultra worst-case scenario: you get herpes, and then she dumps you. Can you handle that?

If the answer is you'd end up boiling her bunny, then maybe you should just get tested now and break it off. If you're unsure, spend some more time with each other being as safe as you can, until things are clearer.

Claire: Love is never simple, lust even less so.

She should have told

you earlier, but I assume it was a very hard confession to make, so if you like her, you have no choice but to forgive her. According to medbroadcast.com, genital herpes affects one out of six Americans, and eight out of 10 have no clue they have it.

So the bad news is that you risk becoming part of a very large club, but the good news is that if you don't have outbreaks, there are almost no other symptoms. It's like an Aeroplan — you know you have the points, but you never get to use them.

You can't choose whom you love, and considering the stats, she sounds like she's more worth the risk than someone else you might meet if you leave her for this reason alone.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Interpreting your dreams

Dream interpretation is a subject of fascination for many, but Dr. Lauri Loewenberg is the real expert.

Holding a doctorate in archetypal psychology, she can make sense of just about any dream, given the right contextual information. You can interpret your own, too, with a few tips from her new book, Dream On It: Unlock Your Dreams, Change Your Life.

Loewenberg says that dreams should be treated as advice you give to yourself.

"Dreams are basically a conversation with the self," she says.

"Everything in your dream is about you and



HEIDI
PATALANO
LIFE@METRONEWS.CA

METRO WORLD NEWS IN NEW YORK

about your life. If you dream that a co-worker dies or a family member dies, we think, Oh my gosh, they might die, when in fact it's something about you that's dying off or changing."

But if dreams are so specific to each person, then why do so many of us have dreams about the same things, like teeth falling out or flying?

"Look at your dreams as a language," says Loewenberg.

"They're really metaphors for your life be-

cause this is how we communicate when we talk to each other. We use metaphors. It's a picture language.

"The difference is that the dream brings it to life and puts you in it."

Loewenberg suggests keeping a journal in which you describe your dreams right after they happen and to look closely to the day before the dream in order to figure out what it means.

"I've found that your day and your dream are always connected. Always," she says.

"You can always connect the dots between what happened in the dream and what happened that day."

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CASH-SMART KIDS

FUN AND FRUGAL

LESLEY SCORGIE

MONEY@METRONEWS.CA



Parents — don't let your kids grow up financially illiterate! From coast-to-coast,

Canadian students receive limited financial literacy training through grade school. Basic financial life-lessons, like budgeting and investing, are left up to parents.

Even if you feel like your money skills aren't sharp, don't shy away from tackling this subject with your kids. They'll benefit from your real world knowledge and hopefully you'll feel extra motivated to make good financial decisions your children can look up to.

Start talking to your kids about money as soon as possible. If you're headed to

the bank or ATM, bring them with you and describe what you're doing. If you pay with a credit card versus cash, explain the difference between the two methods of payment. While grocery shopping, assign Junior the task of reading and reporting back to you the prices of produce. If you buy your child a new backpack and sneakers for \$100, tell them how many hours you had to work to make that purchase.

Play games such as Monopoly or Cash Flow. Each focuses on money issues like cash management, real estate and getting a job. Give your kids a small allowance and coach them on how to budget their money.

Buy your child stock in a company they think is cool like Google. Then, track the performance of the stock online using the portfolio tracking tool on Yahoo! Finance. You can also visit getsmarteraboutmoney.ca for more resources.

Let's open up about money

ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



Mary Ann Wong is a 37-year-old Winnipegger with a weakness for shoes and a love affair with cruise ships. She also now has the heart of a lion when it comes to vanquishing debt.

"I used to say my marriage failed because I was more into my work than my husband. But the truth is a relationship with Jimmy Choo and Carnival ended things."

It was just after Mary Ann plunked down more than \$1,000 for a pair of chart-topping biker-style Jimmy Choo boots, which she intended to wear on an upcoming girlfriend Carnival cruise, that her husband packed his eight-year-old

sneakers and left.

"I was so mad at myself screwing up a marriage over clothes and trips that I had to find some way to punish myself," she wrote to me last year. Her self-inflicted punishment consisted of an entire year without spending one thin dime on anything but the essentials. Before that, she'd never even gone a week without buying something. Agony.

I recently got back in touch with Mary Ann because her story might win her \$5,000.

A new contest by Credit Education Week Canada (an initiative of the not-for-profit, credit counselling charity, Credit Canada), and sponsored by Capital One, offers three prizes, \$1,000, \$2,000 and \$5,000 to adults for a 300-word story about their experience with credit and debt and how they have conquered problems.

I love this contest because money woes are still



► Alison's money rule: Talking or writing about your financial problems and solutions will not only inspire you but others as well.

a big taboo in our society. We'd rather reveal details of our sex lives than our financial affairs. Even if you don't win, you'd be amazed at how therapeutic writing about money problems can be.

I've seen the effect on people; the minute they admit their financial problems — whether they are of their own making, à la Mary Ann, or as a result of circumstance. You can actually see the release as stress and shame lift.

Here's a contest tip: aim for humour, inspiration and/or pathos. Those three emotions always catch judges' attention.

But hurry, you have to get your story in between this Friday and Oct. 21 and the winning entries will be published in Metro and posted on the Credit Education Week Canada site. Oh, and about Mary Ann. She and her ex are dating again.

CONTACT ALISON AT ALISONGRIFFITHS.CA OR ALISONGRIFFITHS.CA@GMAIL.COM

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at Metronews.ca/YourMoney

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Grand Slam. Champion



► Novak Djokovic returns a shot to Rafael Nadal during the U.S. Open men's championship match in New York yesterday.

THE ASSOCIATED PRESS

Djokovic's dominance continues with win over Nadal in N.Y.C.

Novak Djokovic produced a nearly perfect performance to match his nearly perfect season.

Returning brilliantly, swatting winners from all angles, the No. 1-ranked Serb beat defending champion Rafael Nadal 6-2, 6-4, 6-7 (3), 6-1 last night in a final chock-full of mesmerizing points to earn his first U.S. Open title and third Grand Slam trophy of 2011. Djokovic is 64-2 with 10 tournament titles in one of the greatest years in the history of men's tennis.

4
sports

Quoted



"They made some plays on us. We made a few more than them."

PATRIOTS QUARTERBACK TOM BRADY, AFTER THROWING FOR A TEAM-RECORD 517 YARDS AND FOUR TOUCHDOWNS IN NEW ENGLAND'S 38-24 WIN OVER THE MIAMI DOLPHINS LAST NIGHT. BRADY BECAME THE 11TH QB IN NFL HISTORY TO THROW FOR AT LEAST 500 YARDS.

"We're pleased to have him on our side."

BRADY'S TEAMMATE
DANNY WOODHEAD

Lions kicking it old school

► Kicker McCallum on near-historic roll ► Buono would like rest of B.C. offence chip in

The most consistent member of the B.C. Lions this season is also the oldest player in the CFL.

Placekicker Paul McCallum has been Mr. Automatic in a year where the Lions have struggled to find the right gear at times.

The 41-year-old, who grew up only blocks away from the team's training facility in Surrey, has kicked 21 straight field goals this season. He is getting close

to Dave Ridgway's record of 28 in a row, but McCallum has a bigger goal in mind.

"It would mean something to me if I finished the rest of the year and didn't miss at all," McCallum said yesterday after the Lions had a brief run-down.

McCallum went four-for-four in the Lions' 28-6 win over the Toronto Argonauts on Saturday. The 19-year veteran has made 27 of 29 field goals this season.

93.1% Paul McCallum is kicking for a CFL-best 93.1 per cent average this season. Former Lion Lui Passaglia set the season record at 90.9 per cent in 2000.

He missed a 47-yard attempt in the opening game against Montreal, then was wide and about a yard short on a 57-yard try on the last play of a 34-32 loss to Cal-

gary the following week.

Since then McCallum has been perfect. His consistency is one of the reasons the Lions have won four of their last five games and moved into third spot in the West with a 4-6 record.

While McCallum's numbers are impressive, they raise some questions about the B.C. offence.

In the last five games, B.C. has been inside the opponent's 20-yard line 20

times but come away with only eight touchdowns.

Lions coach and general manager Wally Buono admits his team is playing with fire.

"We're not talking about long field goals," said Buono. "We've been fortunate so far the last couple of games it hasn't hurt us."

"If you don't score touchdowns, eventually it will catch up to you."

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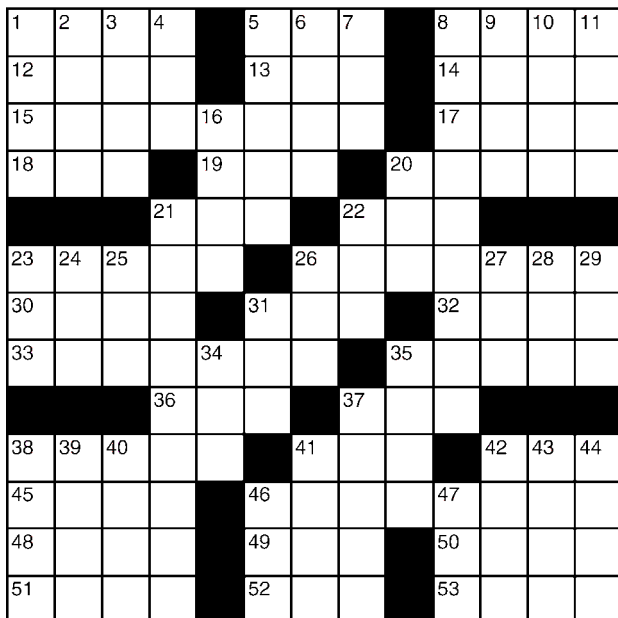
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Crossword

Across

- 1 Swedish pop quartet
5 Distant
8 Hairless
12 Skelton's Kadiddle-hopper
13 Brazilian resort city
14 Met melody
15 Big name in appliances
17 Ponce de —
18 34-Down's mate
19 Ex-GI
20 Entry form
21 Marry
22 Dine
23 Actor Fonda
26 Sanit workers' job
30 Hertz rival
31 Transmit electronically
32 Shakespeare villain
33 Ruin
35 Build a wing
36 Peace (Lat.)
37 Mel of Cooperstown
38 "— Buddies"
41 Pair
42 Insult (SL)
45 Opposed
46 Locate precisely
48 Tilt
49 Consumed
50 Walk the floor
51 Shoppers' mecca
52 Neither mate
53 Cabbage salad
- Down**
1 Rue the run
2 Huff and puff
3 — noire
4 Pump up the vol.



- 5 Cooked in a skillet
6 "— Misbehavin' "
7 Decay
8 Pen type
9 Vicinity
10 MGM mascot
11 Unpleasantly moist
16 Finished
20 Vagrant
21 Cadets' place
22 Gender
23 Cushion
24 Leading lady?
25 "— the season ..."
26 Shaft of light

- 27 Moving truck
28 Time of your life?
29 Bagel topper
31 "The Simpsons" network
34 See 18-Across
35 On
37 Title holder
38 Soothing ointment
39 Draftable
40 Celebrity
41 One of the Jackson 5
42 Rotary phone feature
43 Erstwhile Peruvian

- 44 Ratatouille, e.g.
46 Zero-star review
47 Chances, for short

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Venus I know millions of people read this daily, and I want the world to know how much "I LOVE YOU". You are everything I've ever wanted, and all the times we've shared and memories we've made, I want to last forever. I'll never hurt you, or treat you bad, but Love you like no one else ever has. This I promise you! A&F

FROM JAYJAY

mikhail, it was nice spending the weekend together...:) i miss you already see you soon love!

FROM LOVELY LADY

S, From the minute I met you I was head over heels for you. I think about you day and night. Just wish we had more time together. Love you!

FROM C

Today's horoscope

♈ Aries March 21-April 20 You are very much on the right course, so keep going.

♉ Taurus April 21-May 21 Resist the urge to get involved in quarrels that do not concern you.

♊ Gemini May 22-June 21 If there is something you want to do, something you have been thinking about for months, start it right now.

♋ Cancer June 22-July 22 It's likely you will feel a bit rundown over the next 24 hours.

♌ Leo July 23-Aug. 23 Stand back

from what you are working on today and remind yourself what the bigger picture looks like.

♍ Virgo Aug. 24-Sept. 22 There is someone in your life who acts like a friend but who secretly resents your success.

♎ Libra Sept. 23-Oct. 23 If you cannot discuss things amicably today you must agree to disagree.

♏ Scorpio Oct. 24-Nov. 22 If you adopt too rigid an approach on the work front you will lose out to someone who is more able to adapt.

♐ Sagittarius Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ Be careful what you say over the next 24 hours.

♒ Capricorn Dec. 22-Jan. 20 Don't make accusations that you have no way of proving.

♓ Aquarius Jan. 21-Feb. 18 Be brave and stand up for your rights.

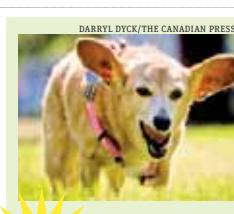
♈ Pisces Feb. 19-March 20. Don't take on any extra work today. You may think you can cope, you may think you have got energy to spare, but later on you may wish you had been more cautious. Think of your health, both physical and emotional.

● SALLY BROMPTON

Caption contest



"Are these tan lines obvious?" KENNY L.



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Unrecognized Silver bars 1 ounce or more	\$0.98/gram
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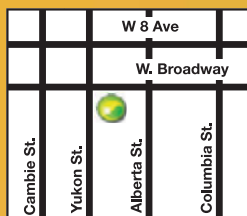
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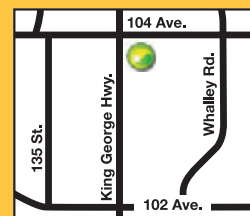
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